City of San Angelo 72W College Ave 2nd Floor San Angelo TX 76902

TAILGATE/TOOLBOX SAFETY TRAINING Safety Services Company-Safety Meeting Division, PO Box 6408 Yuma, AZ 85366-6408 Toll Free (866) 204-4786

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Introduction: The air we breathe travels to our lungs, where oxygen is picked up by our blood, and opumped by the heart to our tissue and organs. Cardiac arrest (heart arrest) is an abrupt cessation of the he Without immediate, effective chest compressions, a person's chance of surviving sudden cardiac at decreases 7 to 10 percent per minute. Causes of sudden cardiac arrest can include electrocution asphyxiation (loss of consciousness caused by inadequate oxygen in the work environment, such as it confined space). Symptoms can include shortness of breath, sweating, nausea, rapid heartbeat, or complicated by one or more irregular heartbeats, reduced blood pressure, and a sense of impending doom. Unfortunately, on average, less than one-third of cardiac arrest victims receive chest compressions, which of chance of surviving. Many times workers do not help because they are afraid that they will hurt the victim they are doing. When a worker experiences cardiac arrest, whether due to heart failure or an injury, the heart goes from a pattern called ventricular fibrillation, and eventually ceases to beat altogether. This prevents oxygen from cir rapidly killing cells and tissue. Once the heart ceases to function, a healthy human brain may survive witho without suffering any permanent damage. Unfortunately, a typical EMS response may take 6, 8, or even critical minutes that chest compressions can provide oxygenated blood to the victim's brain and the heart, chance of survival. ■ 0-4 minutes: brain damage unlikely ■ 0-4 minutes: brain damage possible It is critical to remember that dialing 911 may be the most important step you can take to save a life. If so they should dial 911 immediately. If you are alone with the victim, try to call for help prior to starting chest of the prior of the determine if the victim's heart is beating, place two fingeris proper hand placement is very important. ■ 1. Your lo	
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Conclusion: Workers should receive First Aid Training once a year. Never exceed your training level of First	Aid.
Work Site Review	
Work-Site Hazards and Safety Suggestions:	
Personnel Safety Violations:	9
Material Safety Data Sheets Reviewed:	(Name of Chemical)
Employee Signatures: (My signature attests and verifies my understanding of and agreement to compare and regulations, and that I have not suffered, experienced, or sustained any n	

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.